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Life after bariatric surgery

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Document Version

Publisher's PDF, also known as Version of record

Publication date:

2019

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Pyykkö, J., Sanderman, R., & Hagedoorn, M. (2019). *Life after bariatric surgery: psychosocial and behavioural characteristics and their effect on weight and well-being*. Poster session presented at 33rd Annual Conference of The European Health Psychology Society, Dubrovnik, Croatia.

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Identifying and understanding the role of **psychological**, **behavioral** and **medical characteristics** in **explaining weight loss** after **bariatric surgery** will help to **enhance healthcare** approaches and ultimately **improve** patients' **prognosis** after the surgery.

Scan to know more!

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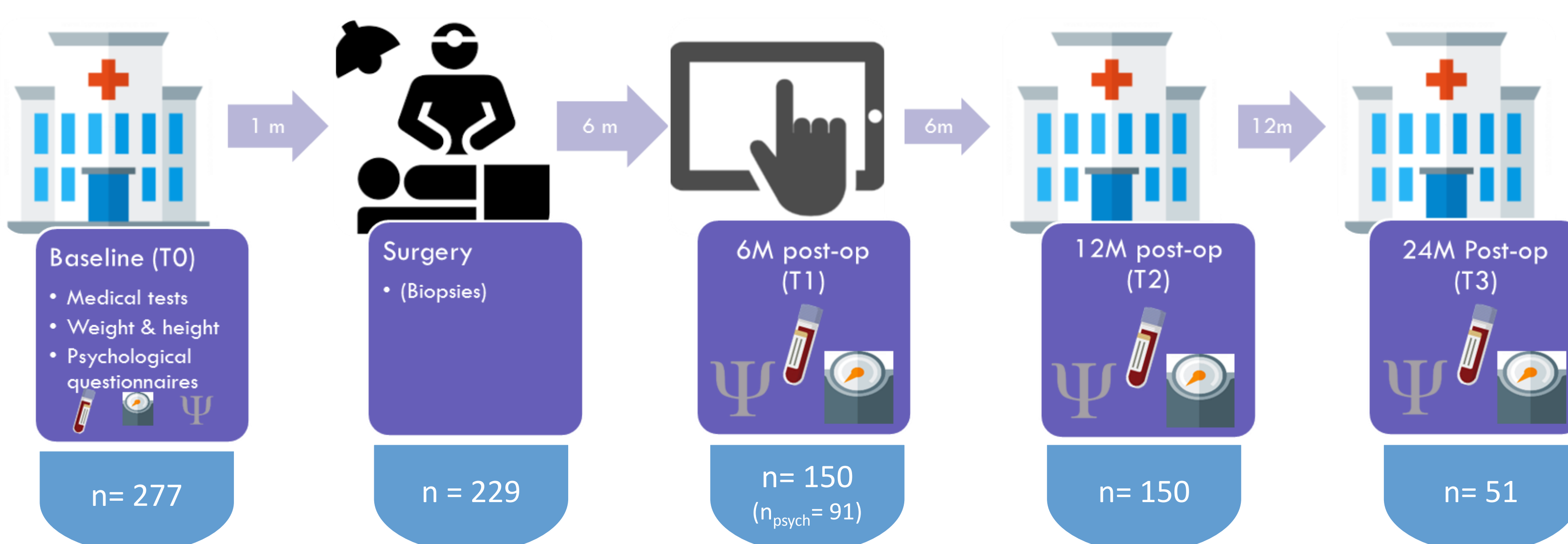
INTRODUCTION

- **Bariatric surgery (BS)** is an effective weight loss treatment for **severe obesity**, yet surgical outcomes vary greatly between patients.
- The role of psychosocial predictors on post-bariatric weight loss and the change in psychological factors following BS is poorly understood.

Aims:

1. Identify psychological and medical variables that can differentiate between successful and non-successful weight loss following BS
2. Investigate how psychological and medical factors change after BS

METHOD



EXPECTED RESULTS

- Improvement in HR-QoL and depression as weight decreases after BS
- Higher food craving, body image dissatisfaction and negative affect predict less successful weight-loss

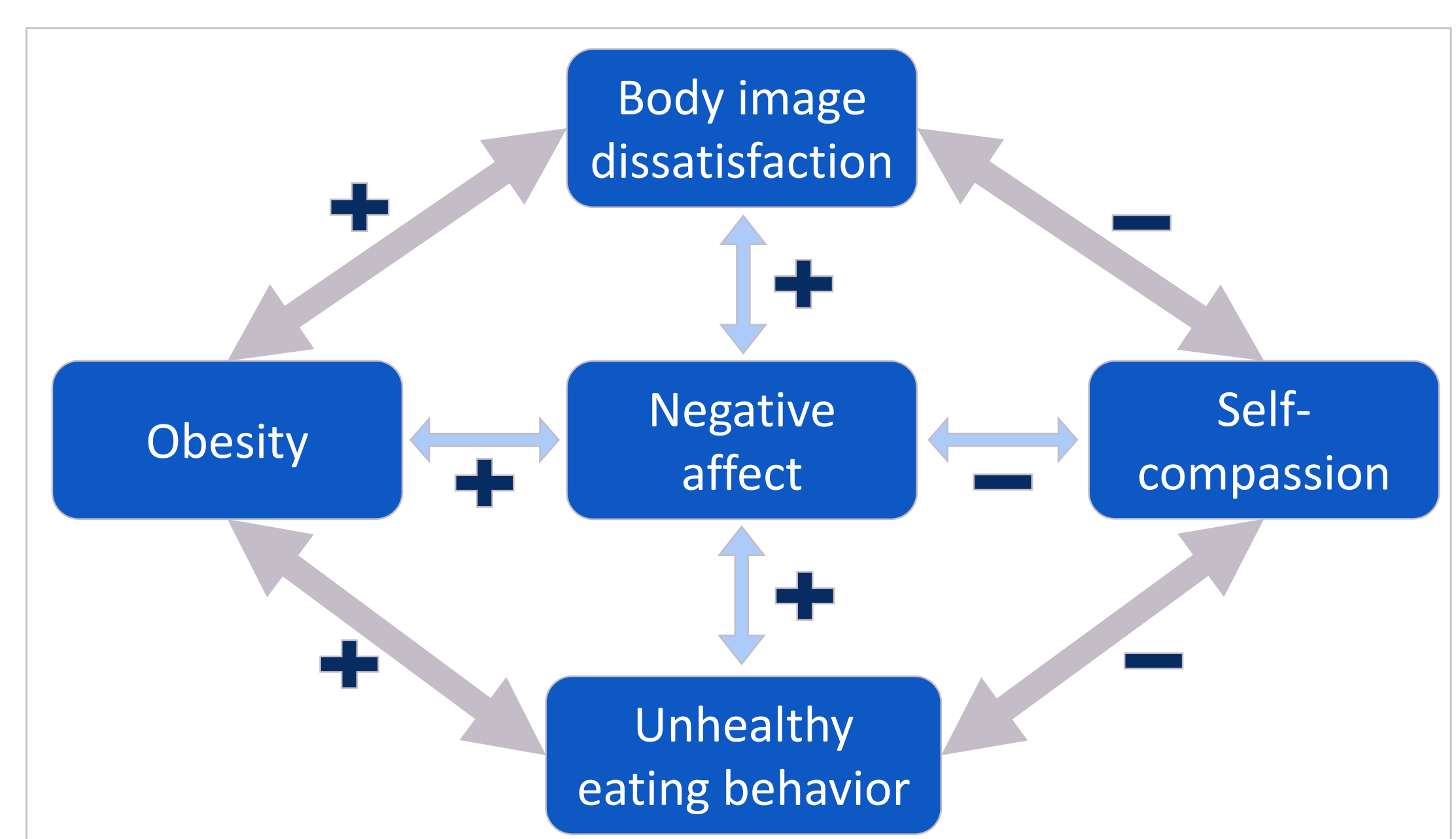
DISCUSSION

Insight into psychological predictors of surgical outcomes can aid in patient selection (risk of outcome failure) and improving treatment protocol

ADDITIONAL INFORMATION

Table 1. Psychological characteristics and instruments.

#	Concept	Questionnaire
1	Depression	Center for Epidemiology Studies Depression Scale Revised (CES-D)
2	Quality of life	Impact of Weight on Quality of Life (IWQoL) and WHO HIV QOL
3	Eating self-efficacy	Weight Efficacy Lifestyle Questionnaire (WEL-Q)
4	Food craving	General Food Craving Questionnaire-Trait (G-FCQ-T)
5	Eating behaviour	TFEQ- hunger scale
6	Self-management	Bariatric Surgery Self-Management Questionnaire (BSSQ)
7	Self-efficacy exercise	SCI Exercise Self-Efficacy
8	Exercise behaviour	Exercise behaviour
9	Professional support	Professional support questionnaire
10	Body Image	Body Image Scale
11	Loneliness	De Jong-Gierveld Loneliness Scale
12	Social Participation	Social Participation Scale
13	Quality of Rel.ship	Quality of Relationship Scale
14	Attachment style	Experience in Close Relationships Scale (ECRR-SF)
15	Social support	SSQSR + Diet and Exercise
16	Personality	NEO-FFI-R (Neuroticism, conscientiousness)
17	Self-compassion	Self-compassion scale Short Form (SCS-SF)
18	Self-esteem	Rosenberg Self-esteem scale
19	Chronotype	Chronotype questionnaire (weekday and free day)



Obesity classes divided over age groups

